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Lithium and Bilirubin serum level changes in Bipolar 1 disorder patients using the complementary therapies of individual and family psycho-education: A randomized controlled trial design

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Objective: Complementary therapies such as psycho-education have been much considered by therapy society of bipolar patients. This study aims to investigate the effects of complementary therapies of individual and family psychoeducation besides drug adherence of the bipolar I patients in improvement of two crucial biomarkers of Lithium and Bilirubin.

Method: After checking the inclusion- exclusion criteria, a sample of 66 patients with bipolar disorder I were purposively selected and randomly divided into three groups: individual psycho- education, family psycho-education and control group (isolated medication therapy). Lithium and Bilirubin serum levels were then measured using the Pars Azmoon laboratory kits in pretest, posttest and follow-up stages.

Findings: Data were extracted using the laboratory tests and analyzed by a GLM: Multivariate Analysis of Covariance. Results were shown a significant difference in the Lithium level for the research groups. Family psychoeducation subjects with drug adherence in the posttest and follow up stages were showed significantly higher average compared to control group in terms of Lithium serum level, whereas no significant effect was observed for individual psychoeducation. No significant effects were also found for bilirubin serum level.

Conclusion: The family psychoeducation beside psychiatric treatment of bipolar I patients could effectively increase the Lithium serum level and is then recommended to clinicians in the treatment of these patients.

Biography

Shahrokh Makvand Hosseini is an expert Psychotherapist and university Associate Professor of Psychology with more than 15 years of experience in teaching and psychotherapy of patients. He has several published books and articles in the field of Mental Health and is Head of Psychological Disorders, Health Center in Semnan City. He is also Chief Editor of *Journal of Clinical Psychology* and his previous positions have been: Dean of Faculty of Psychology and Educational Sciences, Education and Higher Education Administration, Member of the Board of University and Head of University Counseling Center etc.

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